

Many Main Meals and Mixes Recipes

April 2009

Compiled by Debbie Kent

Store in jars, Freezer Ziploc bags, seal-a-meal (Stores 1 year)

SIDE DISHES

AMAZING BROWN RICE SALAD

2 c. water	¼ c. dried cranberries	1 c. brown rice, raw
¼ c. diced red onion	½ c. celery (or ¼ c. DH + ½ water)	1 T. sugar
½ c. balsamic vinaigrette salad dressing		

In saucepan, bring water to boil. Stir in rice, cover and reduce heat to low. Simmer for 45-60 minutes. Transfer rice to a serving bowl and stir in remaining ingredients. Cover, refrigerate and serve cold. Serve 4.

Baked Beans

2 c. white beans	1 t. salt	1 onion chopped
1/8 lb. bacon diced	3/4 c. brown sugar	1/4 c. catsup
1 t. dry mustard	1 T. soy sauce	1 c. reserved liquid

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275° for 6-8 hours.

Bar-B-Q'd Lentils

2 1/3 c. Lentils, rinsed	5 c. water	½ c. Molasses
2 T. Brown Sugar	1 Tbs. Vinegar	½ c. Ketchup
1 t. Dry Mustard	1 t. Worcestershire Sauce	16 oz. Tomato Sauce
2 T. Minced onions	¼ tsp Liquid Bar. Smoke(opt)	

Add lentils to water, bring to a boil and simmer for 30 min or until tender but whole. Add remaining ingredients to the cooked lentils and bake at 350° for 45 min.

Black Beans

(Rebekah Wilson)

2 c. black beans	1 can tomatoes	1 T. chicken bouillon
1 can tomato soup(3-4T tom. pdr)	1 onion, chop (1/2 c. dry/soak)	Brown sugar
Cajon seasoning or Tabasco sauce	½-1 c. bacon bits	

Soak the beans overnight in cool water, Drain and rinse well. Put beans in a crock pot or on stove in large pot. Cover with water plus 3 inches. Add all other ingredients. Simmer all day. Stir occasionally. Can be used as a soup or use beans in tortillas.

Boston Baked Beans

2 c. small white beans, dry	1 t. salt	¼ lb. salt pork
2 t dry mustard	5 T. dark-brown sugar	4 T. molasses

Wash the beans. Soak overnight or use the short method (below). Add salt, stir and drain, reserving the liquid. Preheat the oven to 300°. Cut off a third of the salt pork and place the piece on the bottom of a bean pot. Add the beans to the pot. Blend the mustard, brown sugar, and molasses with the reserved bean liquid and pour over the beans. Cut several gashes in the remaining piece of salt pork and place on top of the beans. Cover and bake for about 6 hours, adding water as needed. Uncover for the final hour of cooking so the pork will become brown and crisp. Taste and correct seasoning.

Creamy Brown Rice Salad

(Marlene's Magic)

3 c. cooked brown rice	1/2 c. chopped green onions	3 c. chicken chunks
1 c. chopped celery	1 c. green pepper	1-8 oz can water chestnuts
Salt and pepper to taste	3/4 c. mayonnaise	1/4 c. lemon juice
1 t. grated lemon peel	1/4 t. minced garlic	1 T. prepared mustard
1 T. horseradish	2 T. chopped parsley	1/2 c. slices almonds

In a mixing bowl, combine the first 7 ingredients. In a separate bowl, mix may, lemon juice, lemon peel, garlic mustard, horseradish, and parsley together. Add two mixtures together and mix until well moistened. Sprinkle top of salad with almonds.

Creamed Vegetables

(Mix-a-Meal)

1 c. cooked vegetable	1 1/2 c. liquid	3/4 c. white Sauce Mix.
1 T. Onion Soup Mix		

Add enough water to vegetable liquid to make 1 1/2 c. Stir in white sauce mix and onion mix. Cook until thick, stirring constantly. Combine cooked veggies and sauce. Serve over baked or mashed potatoes, rice or toast.

Fruited Rice

(Gifts from a Jar: Soups, Chilies and More)

1/2 c. brown rice, uncooked	2 T. dried minced onion	1 T. dried parsley flakes
2 t. chicken bouillon	2 t. brown sugar	1/2 t. dried thyme leaves
1/4 t. black pepper	1/8 t. ground red pepper	1/2 c. wild rice, uncooked
1/4 c. dried apricots, dried	1/4 c. cranberries, chopped	1/4 c. raisins or currants
2 1/4 c. water	1 T. butter	1/4-1/2 c. orange juice

Combine all ingredients except dried fruit in large saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer 45-50 minutes or until rice is almost tender. Stir in Orange Juice and dried fruit. Simmer, uncovered, 15 minutes or until rice is tender.

Hummus

(Menus at a Glance)

1 C. dried garbanzo beans	Water for blender	1/4 C. olive oil
1 to 2 lemons	1 t. garlic powder	1 t. onion powder
1 t. salt	1 t. cumin	

Soak beans over night in a quart jar filled with water. Rinse beans and pour in blender. Pour water up to top of beans, then blend. Blend oil, then lemon and spices. Stir with each use. Lasts one week refrigerated.

Mormon Baked Beans

2 c. small white beans	6 c. water	2 T. Dehydrated onion
1/4 c. oil	1/4 c. brown sugar	3 T. Honey
1/4 t. Dry mustard	1 1/2 t. Salt	1/8 t. Pepper
1/2 c. bacon or bacon bits (optional)		

Soak beans overnight. Simmer over low heat 1-2 hours until tender. Drain, reserving liquid. Add onions to beans and put into a 2 quart casserole dish. Stir together oil, sugar, honey, mustard, salt, pepper and 1 cup of reserved liquid. Pour over beans and stir gently. Add enough of remaining liquid to almost cover beans. Bake at 300° 3-4 hours. Stir in bacon or bacon bits last 30 minutes.

Refried Beans

(Cookin' w/ Beans and Rice)

2 c. dried pinto beans	5 c. water	1 large onion, chopped
salt to taste	½ c. bacon drippings, lard, or butter	

Soak beans, water and onion overnight. Drain. Add 5 cups water and return to heat. Bring to a boil, cover and reduce heat. Simmer for 1-1/2 hours until beans are tender. Mash and add desired fat. Continue cooking until beans are thickened and fat is absorbed. Salt to taste.

Sho's Rice Pilaf

(Shoshanah Kent)

2 c. white rice	4 ½ c. water or broth	2 T. oil
¼ c. dried minced onions	¼ c. DH Peppers	2 T. chicken bouillon
1 bay leaf	1 t. lemon pepper	½ c. chopped golden raisins
½ c. chopped nuts		

Heat oil in saucepan over medium heat. Add rice cook, stirring frequently until lightly browned. Add remaining ingredients except nuts. Bring to boil, turn down to simmer, cover, cook 20 minutes. Sprinkle with nuts before serving.

Variation: Bring to boil, simmer 3 minutes then put in ice box cooker, 2+ hours.

Spicy Rice Pilaf

(allrecipes.com)

½ c. chopped onion	2 T. oil	2 c. chicken broth
¼ c. dry lentils, rinsed	1(16oz) can kidney beans	1 c. salsa
1 c. long grain rice	1 can corn	1 (2 oz) jar pimentos, drained
1 t. chili powder		

In a saucepan, over medium heat, sauté onion in oil until tender. Add broth and lentils; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20-25 minutes longer or until lentils and rice are tender.

Stove Top Stuffing Mix in a Jar

6 c. cubed bread	1 T. parsley flakes	3 t. chicken bouillon
1/4 c. dried minced onion	1/2 c. dried minced celery	1 t. thyme
1 t. pepper	1/2 t. sage	1/2 t. salt

Preheat oven to 350°. Bake bread 8 to 10 minutes, cool. Dump all ingredients in a large bowl (that has a cover!) shake well to blend.

To Use: Combine 2 c. stuffing mix, 1/2 c. water, 2 T. melted butter in a saucepan.

CASSEROLES

Au Gratin Potatoes

4 c. water
¼ t. dry mustard

1 c. cheese Sauce Mix
2 c. dry potato slices

1 t. dried parsley

In 4-qt. casserole dish, combine all but potatoes with a wire whisk. Add potato slices. Bake uncovered at 350° for 45-60 minutes.

Barbecue Beef Casserole

6 c. ziti/ Rotini pasta
1 T. Worcestershire sauce
1-6oz can tomato paste
¼ t. hot pepper sauce
2T. brown sugar, packed

1 T. vinegar
1-12 oz can beef chunks
¼ t. allspice
2 T. dried green pepper
1-5 oz bottle cheese spread

2-15 oz. diced tomatoes
½ t. salt
¼ c. ketchup
1/8 t. pepper
1 T. dried minced onion

Cook pasta, drain. Drain tomatoes. Meanwhile combine rest of ingredients except cheese in a saucepan and simmer, covered, 10 minutes. Stir in pasta. Spread in greased 9 x 13 pan. Dot with cheese and bake, uncovered at 350° for about 15 minutes until hot and cheese melts. Serves 8.

Beef N' Noodles

1 cream of mushroom soup
2 cans beef

1 can beef broth
1 can onion soup

1 cream of celery soup
3 c. egg noodles

Mix all ingredients except noodles in large covered pan or covered baking dish. Add noodles. Mix. Bake 1 hour at 350° or until noodles are tender.

Chicken and Wheat Casserole

¼ c. margarine
2 cans Cream of Chicken Soup
½ t. poultry seasoning
1 c. grated cheese

½ c. chopped celery
1 c. milk
4 c. steamed wheat
½ c. buttered bread crumbs

¼ c. chopped onion
salt and pepper to taste
2 c. cooked, chopped chicken

Sauté celery and onion in margarine, in large skillet. Stir in soup, milk, cheese and seasonings. Add wheat and chicken. Pour into greased 2-quart casserole. Scatter with bread crumbs. Bake at 350° for 35-40 minutes.

Creamy Casseroles

(Mix-a-Meal)

Use double of Creamed Vegetables and add 2 c. cooked meat and 1 c. cooked rice or pasta. Top with cheese if desired and bake at 350° about 30 minutes, until heated through.

Crock Pot Veggie And Rice

(Cookin' with Beans and Rice by Peggy Layton)

1 c. long-grain white rice, raw
1 c. corn, drained
2 T. brown sugar
¼ c. bacon pieces, cooked

1/4 c. diced onion
1 can beef chunks
1 t. salt
3 T. tomato powder

1/4 c. green pepper, diced
3 c. water
¼ t. pepper

Mix all ingredients in slow cooker. Cover and cook on low for 8-10 hours. Uncover the cooker and let casserole stand for 10 minutes before serving.

Easy Chicken And Rice Casserole

1 c. rice, raw
1 c. water

1 pkg. onion soup mix
1-Cream of Celery Soup

1-Cream of Mushroom Soup
8 legs or thighs or 2 cans

Mix first 5 ingredients (all undiluted) in a 9 x 13 baking dish. Place cut up chicken on top of mixture, skin side up. If using chicken breasts' put a little butter on top of each chicken piece. Bake at 350° for 1 hour 15 minutes or until chicken is done.

Chicken And Rice Casserole

(Paula Deen)

2 T. butter or oil	1 med. Onion, diced	3 c. diced, cooked chicken
2-14 oz green beans, drain	1-8oz water chestnuts, chop	1-10oz cream celery soup
1 c. mayonnaise	2 c. cooked wild rice	1 c. shredded cheddar cheese

Preheat oven to 350°. Heat butter or oil in small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl. Add all remaining ingredients to bowl and mix together until thoroughly combined. Pour into greased 3-quart casserole dish. Bake for 20-25 minutes or until bubbly. Let stand for 5 min. before serve.

Macaroni and Cheese Casserole

1 pkg. Macaroni and cheese	1 can ground hamburger	2 T. dried onion
1- 8oz. can tomato sauce	Italian seasoning to taste	

Brown meat with onion. Drain. Mix with other ingredients. Place in casserole dish. Top with grated cheddar cheese if desired. Warm in 350° oven.

Nacho Potato Bake

(Mix-a-Meal)

6 c. water	1 c. cheese sauce mix	½ c. salsa or Picante Sauce
Whisk above together in 4 qt. casserole dish. Then add:		3 T. flour
2 c. dehydrated potato slices, dices or rice.		1/8 t. onion powder

Bake at 350°, 45-60 minutes.

Pot Pie

(Debbie Kent)

2 cans cubed meat	3 cans Mixed vegetables	2 c. White Sauce
2 t. chicken bouillon	1 t. Onion Soup Mix	salt and pepper to taste

Drain vegetables. Combine and heat. Put in large casserole. Top with biscuits. Bake at 400° about 10-12 min. until crust is brown.

Scalloped Potatoes

(Mix-a-Meal)

4 c. hot water	1 c. white sauce mix	1 T. onion soup mix
2 c. sliced dried potatoes	2 c. grated cheese (opt)	

In 4 qt. baking dish combine all but potatoes with a wire whisk. Add potatoes. Cover and bake at 375° for 15 minutes, then uncovered for 15 minutes. Sprinkle with cheese just before serving.

Scalloped Potatoes and Ham

(Mix-a-Meal)

In 4 quart casserole dish, combine with a wire whisk:

4 c. water	1 c. Cheese Sauce Mix	1 t. parsley
¼ t. dry mustard	2 c. Potato Slices	1 c. cubed ham/spam

Bake uncovered at 350° for 45-60 minutes.

Variation: Bring to a boil in pan, Simmer for 3 minutes with lid on. Put in icebox cooker 4 hours.

Shepherd's Pie

1 lb ground hamburger	1 can corn	1 can green beans
1 can tomato soup	2 T. dried onions	Salt & pepper to taste

3 c. prepared instant potatoes

Mix all ingredients except potatoes. Place in casserole dish. Top with potatoes. Bake 350° for 30 min. or until heated through.

Sloppy Joes

(Cookin' with Beans and Rice by Peggy Layton)

1 T. oil	1 med. onion, chopped	1 med. green pepper, chop
3 c. cooked brown rice	2-16oz pinto beans	¾ c. hickory barbecue sauce
4-6 hamburger buns		

Heat oil in large skillet over medium-high heat. Add onion and pepper. Cook 2-3 minutes. Add rice, beans and sauce. Simmer 10-15 minutes, until heated through. Serve on buns.

Tortilla Casserole

everydayfoodstorage.net

1 ½ C Sour Cream	3 cans chicken or turkey	12 Corn tortillas, torn into bite size pieces (or Tortilla chips)
	1 ½ C grated Cheese (Cheddar)	

Save 1/2 C. of grated cheese and mix all other ingredients in a bowl. torn into bite size pieces (or Tortilla chips)

Pour mixture into 9×13 pan and top with remaining cheese. Cover and bake at 350 for 45 minutes. This casserole can be made ahead and put in the fridge. (Allow for extra baking time if you do this.)

Tuna Noodle Casserole

(Rebekah Wilson)

3 c. cooked noodles	2 sm. Cans tuna, drained	1 can Cr. Chicken soup
2 T. dried, celery, sliced	2 T. dried, minced onion	2 T. dried, minced carrots
¼ c. canned bacon bits	2-3 T. cheese powder	

Soak the veggies in hot water for about 10-20 minutes. Drain. Mix everything and bake for 30-45 minutes at 350°. Sometimes I add bread crumbs if it looks a little watery. Recipe can be doubled.

Wheat and Cheese Casserole

3 c. steamed wheat	2 cans Cream of Mushroom soup	1 c. milk
½ t. dry mustard	½ t. salt	1 t. Worcestershire sauce
¾ c. grated cheese		

Combine all ingredients in a baking dish, reserving ¼ c. cheese for the top. Bake at 350° for 40-45 minutes

Whole Wheat Casserole

3 c. cooked wheat	1 c. cooked rice	1 lb hamburger/ TVP
2 T dry onions	½ c green pepper	1 T chili powder
1 t garlic salt	1 can corn	16 oz can tomatoes or 1 qt jar
1 c grated cheese		

Brown and drain hamburger. Combine remaining ingredients, pour in casserole, top with cheese and bake at 350° for 30 minutes.

SOUPS

15 Bean Soup

(Rebekah Wilson)

2 c. 15 bean mix	2 T. chicken bouillon	1 T. garlic powder
1 can tomato soup/3-4 T. tomato pdr		

Soak beans overnight in cool water, drain, rinse. Place all ingredients into a crock pot or pot for the stove. Cover with water plus and extra 2-3 inches. Simmer all day. Sprinkle with grated Jack cheese.

16 Bean Soup

(Tracie Robbins)

2 c. dry 16 bean mix	3-5oz. Chunk Lean Ham	3 bay leaves
1 can chicken broth	1 T. crushed oregano	1 t. chili powder
1/4 c. Dried onion	1-28oz. can diced tomatoes	1/4 c. dried celery
1/4 c. dried carrots	Salt and pepper to taste	Water

Rinse the dried beans and soak in salted water overnight. To cook, rinse the beans and place in a covered kettle (crock pot) with the meat product, bay leaves, chicken broth, oregano, chili powder, and enough water to cover 2" above beans and simmer 2 1/2 - 3 hours. Add the onion, tomatoes, celery, carrots and simmer another hour. Add salt and pepper to taste.

ABC Chicken Soup

1 can chicken chunks	1/3 c. barbecue sauce or catsup	
1-49 oz can chicken broth	1/4 c. ABC pasta	1 can mixed vegetables

Bring chicken broth to a boil in 4 quart sauce pan over medium heat. Add pasta and vegetables; return to a boil. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender. Add chicken and cook 1 minute.

Alphabet Soup Mix

(Gifts for Giving)

1/2 c. pearled barley	1/2 c. dried split peas	1/2 c. rice
1/2 c. lentils	2 T. dried, minced onion	2 T. parsley
2 1/2 t. salt	1/2 t. lemon pepper	2 T. beef bouillon granules
1.2 c. alphabet pasta	1 c. rotini, uncooked	1/4 c. dried celery
1/4 c. dried carrots	1 can diced tomatoes	

Combine ingredients with 3 quarts water in a large pot. Bring to a boil, cover and simmer for 1 hour.

Bean And Bacon Soup

(Cookin' w/ Beans and Rice)

1/4 c. bacon pieces	1 med. sized onion, chopped	1 T. flour
2 c. white bean puree	2 c. milk or bouillon	salt and pepper

Fry bacon, remove from pan and drain on paper. Cook onion in bacon drippings until golden. Blend flour with onions and fat. Add bean puree and milk or bouillon gradually, and cook over very low heat, stirring constantly until thickened. Cook 2-3 minutes longer, stirring occasionally. Season with salt and pepper. Crumble bacon and sprinkle on top of soup.

Bacon Black Bean Soup

Eatwheat.com

1 large onion, chopped	1 clove garlic, minced	1/2 c. rice
1 T.	3 cans black beans w/liquid	3/4 c. salsa
1 can beef broth	2 1/4 c. water	1/2-1 t. dried oregano
1-4 oz can diced green chilies	1 t. sea salt	1/2 c. bacon pieces

In a large pot: saute onion and garlic in oil. Add black beans and liquids, rice, beef broth, water, salsa, green chilies, salt, and oregano. Bring to a boil, turn heat to low, cover and simmer for about 20 minutes. Ladle into bowls, sprinkle with bacon.

Chicken Noodle Soup in a Jar

¼ c. of red lentils	2 T. dried onion flakes	1 ½ T. chicken bouillon
½ t. dried dill weed	1/8 t. celery seed	1/8 t. garlic powder
1 c. medium egg noodles	1 bay leaf	1 can corn/mixed veggies
1-2 cans chicken/turkey		

Bring 8 c. of water to boil in large saucepan. Stir in dry ingredients. Cover, reduce heat and simmer for 25 minutes. Discard bay leaf and stir in can vegetables and meat. Simmer for five minutes until vegetables are tender and chicken is heated through.

Chicken Tortilla Soup

1 lg. onion or 1/4c dried onion)	1 t. chili powder	1-15 oz. tomato sauce
1 can chicken	1 tsp. cumin	1 can corn-drained
½ tsp. salt	1 can black beans-drained	4 c. chicken broth
cheese and sour cream, opt.	2 garlic cloves, minced	1 T. dried cilantro

Heat ½ cup of broth and add the onion and garlic. Cook until tender. Add chicken broth, tomato sauce and spices. Simmer for 20 minutes. Stir in chicken and simmer until heated throughout. Serve with grated cheese and mix sour cream in if desired.

To extend the recipe you can add 1 qt of canned tomatoes and double the spices and beans & corn if desired. I prefer less meat more veggies.

Chicken Tortilla Soup

Submitted by Kim Harvey

2 cans Mexican tomatoes w/ lime/cilantro	1 can refried beans
2 cans chicken broth	1/2 c. corn
2 cans of chicken	

Combine all ingredients in a pot and cook and stir until heated through. Serve topped with crushed tortilla chips and cheese.

Chicken Tortilla Soup-Easy

1-15 oz. can whole kernel corn	2-14.5 oz cans chicken broth	1 can chicken
1-15 oz. can black beans	1-10 oz. can diced tomatoes with green chili peppers	

Toppings: Tortilla chips, shredded cheddar cheese, sour cream

Open all cans and pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through. Serve over tortilla chips and top with shredded cheese and sour cream.

Clam Chowder

(Rebekah Wilson)

2 c. dried, diced potatoes	¼ c. dried celery	¼- c. dried, minced onion
3 T c. bacon bits	3 T c. dried carrots	1 can minced clams
1-2 t. Garlic salt/powder	1-2 T. chicken bouillon	1 t. black pepper
½ c . Butter or oil	½ c. flour	

Combine all ingredients (except flour and butter) add water to cover + 1 inch and allow to simmer until the dried ingredients are softened and have absorbed the broth's flavor. When chowder is ready add rue made by melting butter and whisking in flour, slowly cooking about 2 min. Add this rue to simmering chowder, stirring until rue dissolves and chowder thickens.

Cream of Broccoli Soup

(Mix-a-Meal)

1 c. re-hydrated broccoli 3 c. water ¾ c. White Sauce Mix
Mix water and sauce mix, cook over med heat, stir until thickened, then add broccoli.

Country Six-Bean Soup

(Gifts from a Jar – Soups, Chilis and More)

½ c. red beans, dry	½ c. navy beans, dry	½ c. pinto beans, dry
½ c. baby lima beans, dry	½ c. kidney beans, dry	½ c. Great North. Beans, dry
2 bay leaves	2 T. dried minced onion	1 T. dried parsley flakes
2 t. beef bouillon granules	1 t. dried minced garlic	1 t. dried thyme leaves
½ t. dried oregano	½ t. black pepper	¼ t. red pepper flakes
4-5 c. water	8 oz. smoked sausage, slice	1 can diced tomatoes

Soak all beans in 9 c. water overnight or quick soak. Drain and rinse beans. Combine soaked beans, water, sausage and seasonings in Dutch oven. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1/2 hours. Add tomatoes. Cook an additional ½ hour until all beans are tender. Season to taste with hot pepper sauce, if desired. Makes 8-10 servings.

Creamy Chicken Noodle Soup

5 c. boiling water	1 T chicken Bouillon	1 can carrots
2 cans cream of chicken soup	1 can evaporated milk	3 T dried onions
2 t salt	¼ t pepper	3 c. noodles
¼ c flour	½ c cold water	Canned chicken

Cook the noodles in the water until tender. Add the chicken. Mix the soup, evaporated milk, and spices together and add to water. Add the vegetables. Whisk the flour and cold water together stirring until smooth. Stir flour into soup and cook until thickened.

Easy Corn Chowder

(allrecipes.com)

2 c. diced potatoes	½ c. diced celery	½ c. chopped onion
1 can (11oz) creamed corn	1 can (15oz) whole corn	1 can (12 oz) evaporated milk
1/8 t. cayenne pepper	¼ t. salt	¼ c. bacon pieces

In large saucepan, place potatoes, celery and onion, add water to cover. Bring to a boil, reduce heat and simmer 20 minutes. Drain. Add creamed corn, whole corn, milk and spices, and bacon to vegetables. Bring to boil, lower heat and simmer 20 minutes.

Variation: Use 1 c. dried diced potatoes, ¼ c. DH celery and 1/4c.onion and 2 c. water in place of fresh.

Hearty Lentil And Barley Soup

(Gifts from a Jar – Soups, Chilis and More)

¾ c. brown or red lentils	¼ c. sun-dried tomatoes	2 T. dried vegetable flakes
1 T. dried minced onion	2 t. chicken bouillon granules	1 t. dried oregano leaves
½ t. minced garlic, dried	1/2 t. black pepper	1/8 t. red pepper flakes (opt)
½ c. pearl barley	5-6 c. water	8 oz. smoked sausage, ½"

1-14 oz. can diced tomatoes w. green pepper, celery, & onion

Place all ingredients in crock pot. Stir; cover and cook on Low 6-8 hours. Add additional water ½ c. at time if needed to reach desired consistency. Season to taste with lemon pepper. Serves 10.

Italian-Style Bean Soup

(Gifts from a Jar – Soups, Chilis and More)

1 ½ c. Great Northern/Navy Beans	1 T. dried minced onion	2 t. dried basil
2 chicken bouillon cubes	1 t. dried parsley	½ t. dried garlic
½ t. black pepper	5-6 c. water	1½ c. sm.shell pasta
1 c. spaghetti sauce	8 oz. baby spinach leaves (opt)	Salt/Pepper to taste
¼ c. parmesan cheese		

Soak beans overnight in 5 c. water or use quick soak method. Drain and rinse. Combine soaked beans, water, and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 ½ - 2 hours. Add pasta sauce, shells and spinach. Simmer additional ½ hour or until beans are tender. Season to taste. Serve with cheese. Serves 8-10.

Jane's Layered Three Bean Soup

1/4 c. mixed dried vegetables	1/4 c. split peas	1/3 c. red beans
1/3 c. white navy beans	1/3 c. pinto beans	1/4 c. pearl barley
3 T. beef bouillon granules	3 T. dried onion flakes	1 T. celery seed
1 t. dried basil	1 bay leaf	

Empty jar contents into a large soup pot. Cover with 10 cups of water and bring to a boil.

Simmer for two minutes; remove from heat, cover and let soak for one hour.

After soaking time, stir in two more cups of water and bring soup back to a boil. Reduce heat, cover, and simmer, stirring occasionally, for 1-½ hours to 2 hours, or until beans are tender. If soup thickens too much during cooking, add more water as required. Season with salt and pepper to taste. Remove bay leaf before serving.

Three Bean Beef Stew: After soaking time, add ½ to 1 pound of marinating beef steak or stewing beef, chopped fine; one chopped onion, one chopped carrot and one chopped celery stalk. If desired, add one 16oz can diced tomatoes. Continue cooking as directed for soup.

Three Bean Ham Soup: After soaking time, add 2 cups chopped ham, one chopped onion, one chopped celery stalk, and one chopped carrot. Stir in a large pinch each of oregano, garlic powder, rosemary and white pepper, or your choice of Italian herbs. Continue cooking as directed for soup. Garnish with croutons and chopped green onions.

Lion House Chicken Noodle Soup

everydayfoodstorage.net

2 t. chicken bouillon	6 c. chicken broth	1 c. dehydrated carrots
1c. dehydrated celery	1/4 c. dehydrated onions	2 cans cream of chicken soup
1 1/2 T. dry powdered milk	1/2 c. water	2 cans chicken
4 c. uncooked noodles	salt/pepper to taste	

Dissolve milk in ½ c. water. Soak veggies in broth for 15 minutes. Bring to boil. Add bouillon, cream of chicken soup, and noodles to stock. Cook until veggies are tender. Add Milk.

Marvelous Pea Soup

(Rebekah Wilson)

2-3 c. split peas	½-1 c. pearl barley	½ c. dried, bacon bits
2 T. garlic powder	1/4 c. dried Onion	salt and pepper to taste
2-3 T. lemon juice		

Add all ingredients, simmer for 3-4 hours. Stir occasionally to prevent split peas from sticking. You can also add dried carrots.

Mom's Tortilla Soup

Eatwheat.com

1 small onion, diced	1 tsp. minced garlic	1 T. oil
1 can chicken broth	1-15 oz.) pinto beans	2 c. water
1-4.5oz diced green chilies	1-10 oz can enchilada sauce	½ c. rice
1-10 oz can chicken chunks		

In soup pot, heat oil on medium high. Add chopped onions and minced garlic, cook until browned. Add chicken broth, bring to boiling. Lower heat, cover; let simmer until onions are

tender. Add undrained pinto beans, water, undrained green chilies, enchilada sauce and rice. Heat 10 to 15 minutes. Add undrained chicken right before serving. Makes 4 to 6 servings.

Oatmeal Soup

(quakeroats.com)

2 T. oil	1 onion, finely chopped (3/4 c.)	1/2 c. shredded carrots
1/2 c. oats	6 c. chicken broth	1 c. oats, cooked
Salt and pepper to taste	1 T. dried parsley flakes	

In large skillet or sauce pan, cook onion and carrots in 2 T. oil over medium-low heat, stirring often, cook 5 minutes or until onion is tender. Add 1/2 c. uncooked oats. Cook, stirring often, 3 minutes or until oats are golden brown. Stir in broth; bring to a low boil. Stir in cooked oatmeal, stirring until well mixed. Cook over medium heat 5 minutes. Season with salt and pepper. Serve sprinkled with parsley.

Provident Potato Soup

Mike Lawrence

3-4 c. water	2 T. minced dried onions	2 T. dried celery
2 T. Chicken Bouillon	1 T. dried Parsley	2 bay leaves (opt)
1/2 t. ground nutmeg	1/2 t. pepper	

Place all of the above ingredients in a large pot. Stir and simmer for 5 minutes.

In a large bowl whip together:

4 c. cool water	1 c. instant powdered milk	1/2 c. cheddar cheese powder
1/4 c. powdered butter	1 c dried broccoli	2 c. potato buds

Reconstitute broccoli, drain. Combine above ingredients with a whip, and add to soup pot. Slowly stir in potato buds. Bring to a simmer and cook about 5 to 10 minutes under medium heat, stirring occasionally.

Small White Beans, Ham And Millet Soup

(Linda Hufstetler)

Soak 5 cups of small white beans (or baby lima beans, pinto, etc.) at least overnight, but preferably about 24 hours. Rinse twice. Put the beans in a 6 quart crock pot, and fill with water. Add 1/4 C. millet. Add garlic salt to taste (approximately 1 tsp.) I add about 2 carrots cut up, 1-2 onions chopped, and 2-3 stalks of celery. Add about 2 C. cubed ham or a ham hock. Cook for approximately 6 hours or until done. When made this way, the bean soup causes absolutely no gas!

Spiral Soup Jar Mix

1 T. dried parsley flakes	2 T. dried basil	1/2 t. celery seed
1/2 t. garlic powder	1/4 t. pepper	1/4 c. beef/chicken bouillon
1/4 c. dried minced onion	2-1/2 c. of tri-colored spiral pasta	3/4 c. dried tortellini

Bring 8 c. water and 2 cans diced tomatoes to a boil add above ingredients, simmer about 15 minutes until pasta is done.

Tomato Basil Soup

Eatwheat.com

1-14.5 oz can crushed tomatoes	1 c. chicken broth	1/2-2 t. dried basil
1/3 c. milk	2 T. butter	salt and pepper
1 tsp. lemon juice concentrate		

Simmer crushed tomatoes and chicken broth over medium heat for 20 minutes. Add basil the last 5 minutes. Puree in 2 small batches, in blender or food processor. Put blended soup back in pot. Add the milk, butter, lemon juice concentrate. Heat through, let butter melt, but DO NOT allow soup to boil. Salt and pepper to taste.

Texas Two-Step Soup

(Gifts for Giving)

1.6oz pkg brown gravy mix	2 T. milk chili powder	2 t. dried oregano
---------------------------	------------------------	--------------------

1 t. cumin	1 t. dry, minced onion	1 t. garlic salt
1 ¼ c. pasta wheels, dry	1 can beef chunks	1-15oz can corn
1-15 oz can diced tomatoes	7 c. water	1 c. shredded cheese (opt)

Bring to a boil; reduce heat, cover and simmer 20-25 minutes. Top w/ cheese if desired.

Vegetable Soup

Eatwheat.com

2 T. oil or butter	1 stalk celery, chopped	2 cloves garlic, minced
1 onion, chopped	about 4 c. water	2 to 3 potatoes, diced
1 to 2 carrots, peeled/sliced	1/2 c. shredded cabbage	3 T. dry lentils
2 T. barley or rice	2 to 4 T. frozen peas	2 to 4 T. frozen corn
1-14.5 oz. can crushed tomatoes	1 can green beans	salt and pepper
1/2 c. cooked beans		

In large pot, on high heat: sauté/stir celery, garlic, onions in oil or butter until deep golden brown on edges. Add water, bring to a boil; add the potatoes, carrots, cabbage, lentils, rice (or barley). Bring to boiling again, then turn down to medium low. Cover, cook 25 minutes. Turn heat to simmer, add crushed tomatoes, peas, corn, green beans and beans. Cover, simmer 20 minutes. Stir occasionally. Add salt/pepper.

White Bean Soup

(Rebekah Wilson)

3-4 c. white navy beans	dried rosemary	1 onion, chop (1/2c. dried)
2-3 T. chicken bouillon	2 celery, sliced (1/4c. dried)	½ t. black pepper
1 T. garlic powder	½ C. bacon bits	2 T. parsley

Presoak your beans overnight or boil for 2 hours in plain water. Drain. Add all ingredients and cover with water plus add an additional 4 inches of water. Simmer for 4 hours or until navy beans are soft and have absorbed the flavor of the broth. This is a thin soup. It is very good with homemade bread.

STOVE TOP MEALS

Alfredo Delight

(Mix-a-Meal)

2 ¼ c. water	1 c. White Sauce Mix	¼ c. DH Mushrooms(opt)
1 T. Onion Soup Mix	1 t. parsley	

Bring to a boil stirring constantly with a wire whisk. Don't leave it cooks up fast. Pour over hot, cooked noodles or rice. Sprinkle liberally with Parmesan cheese and serve.

Arroz Con Pollo

(Pantry Cooking by Laura Robins)

1/3 c. dried onions	¼ c. DH green peppers	1 c. water
2 T. oil	1 T. garlic/1 t. minced garlic	1 c. rice, uncooked
½ t. cumin	½ t. turmeric	1-15 oz can diced tomatoes
1 (4 oz) can diced green chilies	1-4 oz can chilies	1 c. water
4 t. chicken bouillon	2-15 oz cans chicken chunks w/broth	
8 WW tortillas	½ c. sour cream	

Re-hydrate onions and green peppers in 1 c. water for 15 minutes, drain. In large pot, heat oil on high and sauté onions, peppers and garlic until lightly browned. Stir in rice. Add cumin,

turmeric, tomatoes, chilies, water, bouillon and broth from chicken. Bring to a boil and cover. Reduce heat to medium-low and simmer 25 minutes. Add chicken chunks during last 5 minutes,. Serve on warm tortillas, top with sour cream. Serve refried beans on side. Serves 4-6.

Black Beans Quesadilla

Eatwheat.com

1 can black beans	1 T. oil	¼ c. dry minced onion
1/2 t. garlic powder	¼ c. DH bell pepper	1 can corn
8 large flour tortillas	1 c. shredded cheese	

Rehydrate onion and pepper in warm water, drain. Rinse beans and drain. Heat oil on medium high; cook onion, garlic, bell pepper until tender. Add drained beans and corn; heat all. For each quesadillas: sprinkle one tortilla with 2 T. cheese, top with one-fourth of bean/veg mixture, then sprinkle with 2 more T. cheese; place on hot griddle, top with one tortilla. Heat; turn over carefully, heat other side. Ready to serve.

B-Que Lentil Sandwiches

Eatwheat.com

1 1/2 c. dry brown lentils	3 c. water	1 T. oil
1 onion, finely chopped	1/2 tsp. sea salt	3 T. molasses
1 can (15 oz.) tomato sauce	1 tsp. garlic salt	3 T. brown sugar
1 t. yellow mustard	1/2 t. Worcestershire sauce	1 t. vinegar
1/8 t. liquid smoke		

Put dry lentils in a colander; rinse thoroughly. Place rinsed lentils in a large saucepan with the water. Bring to a rolling boil, turn heat to medium low. Cover pan, cook for 35 minutes; stir occasionally. Take off heat, let sit covered. Heat oil in a frypan, on medium high; saute onion in oil until lightly browned (about 5 minutes) stir as necessary to keep from burning. Add cooked onions to lentils in saucepan. Stir in tomato sauce, salt, garlic salt, mustard, molasses, brown sugar, Worcestershire sauce, vinegar, liquid smoke. Cover; simmer an hour or so on lowest heat, stirring occasionally. It is ready to spoon onto buns and serve, when it is thick like sloppy joes.

Black And Red Chili

(Cookin' w/ Beans and Rice)

½ lb. ground beef	2 c. diced onion	1 c. chop. green pepper
1 ½ T. chili powder	2 t. ground cumin	1 ½ t. dried oregano
1 t. sugar	¼ c. celery powder	3-8-oz cans tom.sauce
1-15oz can black beans	1-14 oz can diced tomatoes	1-15 oz. can red beans

Cook meat in a large saucepan over medium heat until browned, stirring to crumble. Add onion and bell pepper; sauté 3 minutes or until tender. Add chili powder and remaining 8 ingredients; bring to a boil. Reduce heat, and simmer, uncover, 30 minutes, stirring occasionally.

Black Beans and Rice

2 c. of black beans	¼ c. dried onion	2 T. chili powder
2 T. cumin		

Soak beans overnight and drain in the morning. Place in the crockpot with onions, chili powder, and cumin. Put water to cover beans by 2". Cook on high about 8 hrs. Salt when beans are soft. Serve over rice. Sprinkle with chopped green peppers, tomatoes, onions and jalapenos.

Black Bean Bulgur

1 c. bulgur wheat, dry	2 ½ c. chicken broth or water	1-12oz can chick peas, drain
1-12 oz black beans, drain	¼ c. green onions, chopped	1 c. red pepper, chopped
1 c. cucumber	1 t. Tabasco sauce	1 t. cumin
2 T. cilantro, chopped	1 can corn, drained	

Either soak the bulgur in chicken broth or water overnight OR simmer 15 minutes, let stand for 5 minutes. Drain off any excess liquid. Sauté onions in a small amount of vegetable oil. Combine all ingredients and serve hot. Garnish with cilantro. Serves 8.

Cheddar Chicken Supper

(Mix-a-Meal/Debbie Kent)

Cook 1 ½ c. macaroni in 6 c. boiling water 8-10 minutes, drain.

In saucepan combine: 1-2 can Chicken Chunks 1 t. Onion Soup Mix

Add: 3 ½ c. warm water 1 ½ c. Cheese Sauce Mix

Mix thoroughly. Stir and cook until creamy and smooth. Stir in cooked macaroni and serve.

Chicken a-la-King

(Cookin' w/ Home Storage)

2-12 oz can chicken chunks 1/3 c. oil 2/3 c. butter/marg. powder

1 1/3 c. milk 1 T. chicken bouillon ½ t. salt

¼ c. dried onion ¼ c. dried mushrooms 1/3 c. flour

2 T. dried green peppers 1 1/3 c. water 4 c. cooked rice

Reconstitute vegetables, drain. Heat oil in skillet and sauté vegetables. Blend in flour, butter powder and spices. Dissolve bouillon in water and add to vegetable mixture. Add milk slowly. Heat until it boils and boil one minute. Serve over rice.

Chicken and Rice

(Gifts-in-a-Jar/Slower Cookers)

¾ c. coffee creamer powder 2 T. Ranch Dressing Mix ½ c. Parmesan Cheese

¾ c. sliced almonds, toasted ¼ c. bacon bits 1 ¾ c. white rice

1 can chicken chunks 4 c. boiling water salt and pepper to taste

Layer dry ingredients in quart jar.

To make: Mix all ingredients in saucepan. Bring to a boil, simmer 20 minutes. Serves 4-5.

Chicken Broccoli Twist

5 c. water ½ c. dried carrots 2 t. chicken bouillon

1-can Cream Chicken Soup ½ t. garlic powder 1 can Chicken chunks

3 c. uncooked rotini pasta 1/8 t. pepper ¾ c. dried broccoli

Parmesan cheese

In saucepan, bring water, bouillon and garlic powder to boil: add pasta, broccoli and carrots. Simmer, uncovered 10 minutes. Stir in soup, chicken and pepper. Heat and serve topped w/ cheese.

Chalupas

3 cans beef chunks 1 lb. Pinto beans 6 –7 c. water

1 chopped onion 2 minced garlic 1 T. cumin

2 T. chili powder 4 oz can chopped green chilies

Clean and soak beans in water overnight. Combine with seasonings and cook slowly for about 5 hours between 250° and 300° in covered porcelain roaster. During last hour stir in beef. Serve over flour tortillas or corn chips. Sprinkle grated cheese and enjoy!

Chili

1½ c. dry red, kidney or pinto beans 1 ½ quarts cold water 1/3 c. dried minced onions

12oz of beef chunks or TVP 2 c. canned tomatoes 1 ½ t. salt & dash pepper

½ C. tomato powder 1 bay leaf ½ to 1 T. chili powder

Rinse beans and then soak overnight in cold water. The next day: Leave beans in same water and add 1 tsp of salt. Simmer until tender. Add the remaining ingredients to the cooked beans. Simmer again for 1 ½ hours adding water if needed. Remove bay leaf before serving. Serves 6.

Chinese Fried Rice

(Debbie Kent)

2 c. rice	5 c. water	½ c. DH vegetable soup mix
2 T. oil	¼ c. Yoshida Gourmet Sauce	1 c. cooked meat

Bring water, rice and vegetables to a boil, cover and simmer 20 minutes. Cool. Put oil in pan. Lightly fry rice mixture. Add sauce, thoroughly mix together and serve.

Curry- in -a- Hurry

Mike Lawrence

2 cans chicken	3 T. oil	2 t. curry powder
2 T. dried onions	¼ c. DH bell peppers	½ c. DH mushrooms
½ c. DH peas	2 c. warm water	½ c. raisins (opt.)
3 cans garbanzo beans, drained	2 c. canned milk	¼-½ t. cayenne pepper
3 T. flour	½ t. granulated garlic	1 t. pepper + ½ t. salt

In a bowl, place onions, peppers, mushrooms and peas in the 2 cups of water. Let sit 10 minutes. Drain off excess liquid. Reserve. In a large skillet heat oil and curry powder on medium high heat, stir in flour, and continue stirring 3 minutes. Add hot milk, garlic, pepper, and cayenne, stir 2 more minutes. Add remaining ingredients and cook for 10 more minutes over medium heat, stirring occasionally. Serve with rice.

Easy Cheesy Enchiladas

1 c. Chopped Onions	1/2 tsp Oregano	2 T. Chili Powder
1 T. Beef Soup Base	3-1/2 cups Water	¾ c. Black Bean Flour
1 c. Tomato Sauce	2 c. cooked Pinto Beans	1/4 t. Tabasco Sauce
12 Corn Tortillas	2 c. Monterey Jack Cheese, Shredded	

Simmer onions, tomato sauce and seasonings in water for 3-5 minutes. Whisk in black bean flour and cook for 1 minute. Add cooked pinto beans and hot sauce. Cook for an additional 2-3 minutes. Ladle some sauce into the bottom of 9x13" baking dish, layer 3 tortillas and some cheese. Repeat with layering process until sauce, cheese and tortillas are used up. Ending with sauce and cheese on top of baking dish. Bake at 400° for 20-30 minutes until bubbly and heated through. Garnish with cilantro and chopped tomatoes. Serve with a cold salad.

Ethiopian Bean Stew

(Food Storage for the Clueless)

1 c. dried navy beans	3 medium carrots, sliced	1 lb. beef stew meat, cubed
1 c. frozen corn	2 T. oil	1 t. curry powder
1 large onion, chopped	1 ½ t. salt	2 large potatoes, cubed
1 box frozen peas	3 ribs celery, sliced	

Soak beans overnight, drain and rinse or use quick soak method.

Brown meat in hot oil; add onion and cook until brown. Add meat and onion mixture and all other ingredients except peas; add one cup boiling water. Simmer for 75 minutes; add peas; serve.

Fiesta Chicken and Rice

(Gifts for Giving)

2 c. rice	3 t. salt	1 t. basil, dry
½ c. pepper flakes	5 t. dried parsley	1 t. cumin
2 c. water	1 T. oil	1 can chicken chunks

Combine all ingredients in a medium saucepan, bring to a boil, cover, reduce heat and simmer 15-20 minutes. Makes 4-6 servings.

Goolosh

1 lb hamburger	2 c. elbow macaroni	2 cans tomatoes
2 t. salt	½ t pepper or to taste	3 T. dry onions, soak/drain
3 T. dry green peppers, soak/drain	6c. water	1 garlic clove, minced

2 t. beef bullion

Brown hamburger with onion and peppers, drain. (if needed) and add additional ingredients. Stir to blend. Bring to a boil. Lower heat and simmer for 20 minutes or until macaroni is tender.

Latter-Day Linguine

Mike Lawrence

1 Lb. Linguine	1 c. evaporated milk*	2 c. dried mushrooms
½ c. DH mixed bell peppers	1 t. dried oregano	1t. dried basil
1/2 c. parmesan cheese	1 t. granulated garlic	1 T. dried onions
2 T. flour	2 cans minced clams (opt.)	1 T. Dried Parsley
Salt and pepper to taste	¼ cup olive oil	

Cook linguini in boiling water, as per directions. Soak mushrooms, peppers and onions for 10 minutes or until re-hydrated, drain. Heat oil in large skillet over medium heat, add: flour, cook stirring for 3 minutes. Add onion, peppers, mushrooms, herbs, garlic and stir over medium heat about 2 more minutes. Add milk and simmer, stirring with wooden spoon, for about 3 more minutes. Add clams now if using them. Add linguine that has just been cooked and is still hot. Stir together. Serve with parsley. Top with grated cheese

*Can use extra rich powdered milk (2x normal amount of milk powder dissolved in water.

Ham And Navy Beans

(Menus at a Glance)

2 c. dry navy beans & water	2 T. dry, minced onion	1 T. shortening
2 T. DH carrot dices	4 T. tomato powder	Cornstarch & water
¼ lb canned ham, cut into ½ inch chunks		Salt & pepper to taste

Clean, sort, rinse & soak overnight. Drain, rinse, Cover with water. Add the onions, carrots and cook until beans are tender. Cut ham into small pieces. Sauté in 1 T. shortening until lightly browned. STIR in tomato powder. Add to soup. Thicken soup with corn starch & water until it is the consistency you desire. Season to taste. Serves 6.

Hawaiian Haystacks

Elaine Spencer

2 cans Cream of Chicken Soup	1 can chicken broth	1 can chicken
1 t. dried parsley	4 cups hot cooked rice	

Heat soup broth and chicken until thoroughly warmed. Serve over rice.

Top with: Olives, rehydrated onion, rehydrated/frozen peppers, pineapple chunks, almonds, coconut, water chestnuts, peas, corn, mandarin oranges, mushrooms, thawed frozen peas or chow mein noodles.

Hot And Spicy Black Beans And Rice

2 cans /3 c. cooked black beans	3 T. dry onion	1/4 c. DH green pepper
2 T. chicken or veg. soup base	2 c. water or bean broth	1/8 t. cumin
½ t. oregano	2 T. white vinegar	1/8 t. red pepper flakes
1/8 t. garlic powder	4 c. hot cooked rice	

Combine all ingredients except rice and cook over medium heat for 10 minutes to blend flavors and thicken sauce. Serve over hot rice. Serves 6-8.

Mexican Haystacks

Elaine Spencer

1 can chicken	2 cans Cream chicken soup	1 can green chilies
1/2 to 1 cup chicken stock	2 t. taco seasonings	4 c. cooked rice

Mix together in sauce pan and cook until hot. Serve over rice with chips for a crunch!

Mexi Lentils and Rice

Eatwheat.com

1/2 c. rice	2/3 c. dry lentils, rinsed	1 t. beef bouillon
2 c. water	1 t. garlic salt	1/4 c. dry chopped onion
2 -3 t. chili powder	1/2 t. ground cumin	1/2 t. dried crushed oregano
1/8 t, crushed red pepper		

In large saucepan, bring to rolling boil: lentils, bouillon and water. Reduce heat to lowest, cover, simmer 20 minutes then add rice and continue cooking 20 minutes. Stir in garlic salt, dry onion, chili powder, cumin, oregano, and red pepper. Cover, simmer 10 more minutes. Remove from heat, keep covered a few more minutes.

Macaroni Skillet Dinner

Eatwheat.com

1/2 lb. ground beef*	1/4 c. dry onions	2 T. DH celery
1-8oz can tomato sauce	2 1/3 c. water	3 T. dry milk
1 1/2 tsp. garlic salt	2 T. unbleached flour	2 T. dry parmesan
1 tsp. Italian seasonings	1 1/2 c. dry macaroni	1 c. grated cheddar cheese

In large skillet: brown meat. Add tomato sauce and water; stir. Add dry ingredients and stir well. Bring all to a boil; reduce heat to low. Cover. Simmer, 25 to 35 minutes, or until macaroni is done. Stir occasionally (add a bit more water when stirring, if seems to need more). Sprinkle cheese over all, let sit covered for 3 minutes to melt the cheese. Makes 4 servings.

For Lasagna: Omit the cheddar cheese and use 1 c. grated mozzarella. Replace celery with chopped green pepper.

Meat and Gravy on Mashed Potatoes

2 c. water	2 t. beef bouillon	1/2 t. Kitchen Bouquet
1/4 t. onion powder	2 1/2 T. cornstarch	1 (12oz) can beef chunks

Instant mashed potatoes, cooked

Combine water, bouillon, Kitchen Bouquet and onion powder in saucepan. Stir in cornstarch until there are no lumps. Bring to boil stirring until thickened. Add undrained beef, breaking up chunks and stir until it boils again. Serve beef and gravy over mashed potatoes, rice or noodles.

Variation: May also substitute chicken or turkey chunks for beef (eliminate Kitchen Bouquet and use chicken bouillon instead of beef)

Mexi Lentils and Rice

Eatwheat.com

1/2 c. rice	2/3 c. dry lentils, rinsed	1 t. beef bouillon
2 c. water	1 t. garlic salt	1/4 c. dry chopped onion
2 -3 t. chili powder	1/2 t. ground cumin	1/2 t. dried crushed oregano
1/8 t. crushed red pepper		

In large saucepan, bring to rolling boil: lentils, bouillon and water. Reduce heat to lowest, cover, simmer 20 minutes then add rice and continue cooking 20 minutes. Stir in garlic salt, dry onion, chili powder, cumin, oregano, and red pepper. Cover, simmer 10 more minutes. Remove from heat, keep covered a few more minutes.

Mexican Bean Bake

(Country Beans)

2 c. boiling water	1/2 lg. onion, grated	1/2 c. green chili salsa
6 corn tortillas, cut in fourths	1/2c. pinto bean flour	2 c. cooked rice
1 T. chicken soup base	1 1/2 c. grated jack cheese	

Whisk bean flour into water. Add salsa, onions and base; bring back to a boil. Cook 3 minutes over medium heat. In 1 qt. baking dish; layer rice, 1/2 tortillas and 1/2 salsa mixture, repeat. Bake at 350° until cheese bubbles, about 15 min. Cover if you omit cheese. Serves 4-6.

Mexican Skillet Meal

1 can beef or turkey chunks	1 med. onion, chopped	2 T. chili powder
1 t. ground cumin	1/2 t. salt	3 c. cooked brown rice
1 16-oz can pinto beans, drained	1 4-oz cans diced green chilies	
1 med. tomato, seeded and chopped (optional)		Fresh cilantro (optional)

In large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain. Return

meat to skillet. Add onion, chili powder, cumin and salt; cook until onion is tender. Stir in rice, beans and chilies; thoroughly heat. Top with tomato and garnish with cilantro if desired. Serve immediately.

Macho Nacho Rice Bake (Mix-A-Meal)

Cheese Sauce Mix:

1/3 C. dehydrated cheese powder	3 T. flour	3 T. powdered milk
1/8 t. onion powder	3 T. DH butter / margarine	

To Make:

4 c. water	1 c. cheese sauce mix, above	1/2 c. salsa or Picante Sauce
2 c. rice, uncooked	Mix above together in 4 qt. casserole dish. Bake at 350, 45-60 minutes.	

Millennium Meatloaf

By Mike Lawrence

2 c. beef/sausage/unflavored TVP	1 c. DH Vegetable Soup Mix	1 T. beef bouillon
1/2 c. dried onions	1 t. granulated garlic	1 T. dried oregano
1 t. paprika	2 T. olive oil	1 1/2 c. cooked rice
1/2 c. vital wheat gluten	1 1/2 c. fresh bread crumbs	1-15 oz. can of beans
1/2 c. powdered milk	1/2 c. ketchup	1 1/2 c. hot water
1 c. DH mushrooms(opt)	1 T. Worcestershire Sauce	1 c. rolled oats
3 T. egg powder mixed with 6 T. water	1 1/2 c. of chopped nuts (no Peanuts)	

Lightly toast nuts and oats in oven on a cookie sheet at 300° for 15 minutes. Rinse, drain and mash beans. In a large bowl, combine all the ingredients, sprinkling on the gluten as the last ingredient. Form into 2 loaves and place into well oiled loaf pans. Place oiled parchment paper or foil over top and on bottom of loaf. Bake in a 350° oven for about 40 minutes, till firm and fully cooked. Cool and slice. Can be formed into burger patties or meatballs and baked on an oiled cookie sheet for 15 to 20 minutes, turning once. Let cool some and turn out of pans. Slice and serve with brown gravy, tomato sauce or barbecue sauce. And mashed potatoes.

Pasta Primavera

1/2 c. dried onion	1 c. water	1/2 c. dried broccoli
1/4 c. dried carrots	1 c. dried sweet peppers	3 c. water
1 T. dried garlic	2 T. oil	1 (4 oz) can mushrooms
2 t. dried basil	1 t. red pepper flakes	1/4 c. flour
Salt and Pepper	1/4 c. dry milk	1/2 c. dry sour cream
1 c. warm water	2 t. dried parsley	8 oz. linguine
1 c. parmesan cheese		

Rehydrate onions in 1 c. water for 15 minutes and then drain. Re-hydrate broccoli, carrots and peppers in another bowl with 3 c. water for 15 minutes, drain and set aside. In large pot over high heat, sauté onions and garlic in oil for 1 minute. Add broccoli, carrots, peppers, mushrooms, basil and red pepper flakes. Turn heat down to medium. Add flour, and salt and pepper to taste. In bowl, mix milk and sour cream and 1/2 c. warm water with a whisk until smooth. Add to the pot to thicken. Add water if needed to get creamy sauce. In another large pot, cook linguine until almost tender, drain. Pour vegetable mixture over linguine and sprinkle w/ cheese and parsley.

Posole

4 cans white hominy	8 c. chicken broth	1 can pork
1 T. garlic salt (or to taste)	1 T. Adobo (spice)	1/2 T. oregano
1 t. minced garlic	Limes or juice if you have	1 chopped white onion

Mix meat with Adobo and garlic salt. Set aside. Add drained hominy, chicken broth, meat, oregano, and minced garlic. Bring to boil. Let simmer stirring occasionally. Serve with lime, onion and chili powder and warm tortillas.

Pinto Bean Tamale Pie

1 ¼ c. cornmeal	1 (4 oz) can diced green chilies	½ t. salt
¼ c. water	1 (12 oz) can evaporated milk	½ t. onion powder
1 c. water	½ t. garlic powder	½ tsp cumin
1 (12 oz) can beef chunks	2 (15 oz) cans drained pinto beans	¼ tsp sugar
¼-1/2 tsp chili powder		

Combine cornmeal, salt, milk and water in small saucepan and cook on medium until bubbling. Continue stirring until VERY thick (2-3 min). Save ½ cup cornmeal mixture; cover with plastic wrap. Put rest of mixture in a lump in bottom of greased 10" pie plate and allow to cool 3 min. Using a slightly wet hand, press dough to cover bottom and sides of plate and bake at 425° for 10 min. While crust is baking, pour beef into medium saucepan and break-up. Add rest of ingredients and bring to boil, simmer uncovered for 5 min, stirring often. Spread pinto beef mixture over baked cornmeal. On piece of waxed paper flatten reserved cornmeal into an 8-inch round. Place on center of bean filing and bake for add'l 15 min – serves six – this can also be used over rice or tortillas.

Ranch Hand Macaroni and Cheese

4 c. elbow macaroni	1 T. dried onion	1 ½ c. cheese powder
3 c. water	2/3 c. powdered mild	1 t. salt
½ t. pepper		¼ c. cornstarch

Cook Macaroni until tender. Drain. Combine cheese powder, milk, onion, salt, pepper, cornstarch and water in saucepan. Cook over medium heat until it boils and is smooth. Stir constantly. Boil 1 minute. Pour sauce over macaroni and serve.

Red Beans And Rice

(Pantry Cooking by Laura Robins)

1 lb. dried red beans	10 c. water	½ c. dried onions
½ c. dried celery	¼ c. dried peppers	1 T. dried parsley
2 bay leaves	1 T. minced dried garlic	4 c. water
2 T. oil	1 t. pepper	1 t. salt
1 T. Worcestershire sauce	1 T. Tabasco sauce (opt)	4 c. cooked rice

Soak the beans in 10 cups water overnight or first thing in the morning (8 hours). Three hour before dinner, drain and rinse the beans and place them back into the pot. Add the onions, celery, peppers, parsley, bay leaves, garlic and enough water to cover the contents, about 4 cups. Bring to a boil and then turn down to medium heat and simmer, uncovered, 2 hours, adding more water if necessary. Then add the oil, pepper, salt, Worcestershire sauce and Tabasco sauce, if using. Turn the heat down to low, cover the pot and continue to cook for 1 hour more. Correct the seasonings if needed. Serve over Rice. Makes 4-6 servings.

Rich Italian Mushroom Sauce and Pasta

2-4oz cans sliced mushrooms	2-12oz cans evaporated milk	1 t. dry minced onion
¼ c. flour	½ t. chicken bouillon powder	½ t. salt
½ t. thyme	6 c. cooked ribbon noodles	

Stir together a little milk and flour until lumps are gone. Stir in remaining milk and add rest of ingredients. Bring to boil over medium heat, stirring constantly; simmer 1 minute. Serve over drained noodles. Serves 4-6.

Salmon Cakes w/ Potato

(Rebekah Wilson)

3-4 c. mashed potatoes	1 can salmon	Bread crumbs
1 egg (or 2T. oil)	¼ c. dried onion, soak/drain	salt & pepper to taste

Drain salmon, remove any skin or bone. Add salmon to mashed potatoes and mix well. Add onion, salt and pepper and then the bread crumbs to thicken the dough. Dough should be slightly dry but not crumbly. Add egg or oil to help mixture bind together. Make into ½ inch patties. Fry in thin layer of oil over medium heat. Cook until lightly browned on both sides.

Sesame Noodles

By Rachael Ray

1 T. peanut butter	2 T. soy sauce	Pinch cayenne pepper
1 T. vegetable oil	1 t. toasted sesame oil	1/3 lb. thin spaghetti
1 T sesame seeds	1 scallion, chopped	

Cooked spaghetti according to package to al dente, drained and cool. Whisk peanut butter, soy, cayenne, oil and sesame oil. Add noodles and toss to coat. Sprinkle noodles with sesame and scallion to garnish.

Sour Cream Chili Bake

everydayfoodstorage.net

1 lb. Ground Beef	¼ C. Chopped Onion	1-can kidney Beans, drain
1-15 oz. Tomato Sauce	3 T. Taco Seasoning mix	1/4 C. Dehydrated Onions
1 can of Corn, Drained	1 C. Cheddar Cheese shreds	3 ½ C. Fritos
1 ¼ C. Sour Cream		

Cook ground beef and onion until meat is browned and onion is tender; drain. Stir in beans, tomato sauce, taco seasoning, corn, onion and ¾ C. cheese. Sprinkle 2 ½ cups Fritos in bottom of 8×8 baking dish. Cover with Chili. Bake at 350° for 20-25 minutes. Spread sour cream of chili. Top with remaining corn chips and cheese. Bake 3-4 minutes longer.

Southwestern Bean Chili & Rice

(Gifts from a Jar – Soups, Chilis and More)

½ c. dried kidney beans	½ c. navy beans	½ c. dried beans
1 bay leaf	2 T. dried minced onion	2 t. chili powder
1 T. chicken bouillon granules	2 t. minced garlic	1 t. cocoa powder
1 t. cumin	1 t. dried oregano	¼ t. red pepper
3-4 c. water	16 oz. tomato sauce	4 c. cooked rice

Shredded cheese

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water, and seasonings in heavy pot w/lid. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce, cook 30 minutes longer or until beans are tender. Serve over rice and top with cheese.

Southwestern Pasta

2 T. Olive oil	3 garlic cloves	1 onion, finely chop
2 cans Red Kidney Beans	1 can Corn	2 cans tomatoes
1 small can diced green chilies	2 1/4 c. chicken broth	1 c. sour cream
1 can Cream of Mushroom soup	1 cans chopped olives	2 can chicken
2 c. Mozzarella cheese	1 12oz package fettuccini noodles	

Cook noodles according to package directions. Drain beans and corn. In large pot, heat olive oil.

Sauté onion and garlic, until tender, add beans, corn, tomatoes, green chilies, and broth. Bring to boil, then turn down to simmer for 20-30 minutes. Meanwhile, in another bowl combine sour cream, soup, and olives and chicken. Add heated ingredients to sour cream mixture. Stir well. Serve mixture over pasta, sprinkle cheese over the top.

Southwest Stew

allrecipes.com

2 lbs ground beef	1 ½ c. diced onion	1(28oz) can tomatoes
1 (15oz) can pinto beans	1 (16oz) can whole corn	1 c. picante sauce
¾ c. water	1 t. ground cumin	½ t. garlic powder
½ t. black pepper	salt to taste	

In skillet, brown beef and onions. Drain any excess fat. Add remaining ingredients and bring to a boil. Simmer, covered for 15-20 minutes. Top with cheese if desired. Serves 8.

Spaghetti with Marinara Sauce

1 lb. spaghetti	1-28 oz can crushed tomatoes	1-14.5 oz can diced tomatoes
1-15 oz can tomato sauce	1 T. minced garlic	2 t. white sugar
2 t. dried parsley	1 t. garlic powder	½ t. salt
¼ t. dried oregano	¼ t. dried basil	¼ t. ground black pepper
1 pinch crushed red pepper flakes		

In a large saucepan combine crushed tomatoes, diced tomatoes, tomato sauce, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, and ground black pepper. Add crushed red pepper if desired. Cover. Bring to a boil. Lower heat and simmer, with cover, for 45 to 60 minutes. As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente. Toss spaghetti with cooked sauce. Serve warm.

Spicy Chili Mac

(Gifts from a Jar – Soups, Chilies and More)

¼ C. dried pinto beans	¾ dried kidney beans	1 pkg. Chili seasoning mix
2 T. dried minced onion	2 t. beef bouillon granules	¼ t. red pepper flakes
1 ½ c. uncooked rotini pasta	4-5 c. water	1 can tomato w/green chilies
Shredded cheese, opt.	1 can beef chunks	

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water ground beef and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 hour. Add pasta, and tomatoes. Simmer 30-45 minutes. Serve with Cheddar cheese. Makes 8-10 servings.

Taco Bean Chili

(Gifts from a Jar – Soups, Chilis and More)

½ C. dried kidney beans	½ c. dried pinto beans	½ c. dried red beans
1 pkg. taco seasoning mix	1 T. dried minced onion	½ t. chili powder
¼ t. ground cumin	4 c. water	1-8 oz. can tomato sauce
1 can beef/chicken chunks	1-14oz can diced tomatoes w/ green chilies	
1 ½ c. tortilla chips		

Soak beans overnight, drain and rinse. Place soaked beans, water, ground meat, and contents of seasoning packet in heavy duty pan. Bring to a boil over high heat. Cover: reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce. Simmer additional 30 minutes until beans are tender. Crush chips. Stir into chili and cook 5-10 minutes. Serves 6-8.

Tex-Mex Skillet Dish

1 lb/can ground beef	1 pint salsa	1 can black beans
½ t. powdered garlic	1 can small red beans	salt & pepper to taste

1 quart tomatoes	½ cup water	2 c. rice
2 T. Taco seasoning	¼ cup dry onion	

In a large skillet brown ground beef (if needed) with onion. Drain. Add additional ingredients. Stir. Bring to a boil. Reduce heat to low and let simmer until rice is cooked. 10-15 min.

Trading Post Pasta Skillet Dinner

(Cookin' w/ Home Storage)

1 c. hamburger or TVP	¼ c. dried celery	1 ½ c. elbow macaroni
2 T. dried corn	2 T. dried green pepper	¼ c. dried onions
2-tomato sauce/1/2 c. tomato pdr.	1-3 T. chili powder	Italian seasonings to taste
Salt to taste	pepper to taste	

Reconstitute TVP and vegetables. Boil macaroni until tender. Drain. Sauté with onions, green pepper and celery. Add tomato sauce, corn and seasonings and water as needed. Simmer 5-10 minutes. Add macaroni and mix well.

Tuna & Noodle Dinner

(Mix-a-Meal / One-Dish Meals)

¾ c. Parmesan cheese	1 pkg. Knorr Vegetable Soup Mix	
½ c. instant dry milk	2 ½ c. egg noodles	2 ½ c. water
1-6 oz can tuna		

To make: Mix all above ingredients in saucepan. Heat to a boil, stirring often. Reduce heat to medium and cook until noodles are tender. Serves 4.

MIXES

Quick Mix

5 c. whole wheat flour	5 c. white flour	1/3 c. + 2 T. baking powder
1 1/2 c. non-instant powder milk	3 1/2 t. salt	1/3 c. sugar
2 c. vegetable shortening (1 1/4 c. DH shortening)		2 t. cream of tartar

Sift dry ingredients together. Mix together well. Cut shortening into dry ingredients until it looks like cornmeal. Store in tightly covered container in cool place.

White Sauce Mix

4 c. instant dry milk	4 c. powdered butter, sifted	2 t. salt
4 c. flour	1 t. white pepper	

Mix ingredients together, store in covered container, label and date. Use within 6 months. (unbleached white flour makes a slightly thinner sauce; increase sauce mix in recipes).

Thin White Sauce

1 c. warm water
1/3 c. white sauce mix

Medium White Sauce

1 c. warm water
1/2 c. white sauce mix

Thick White Sauce

1 c. warm water
3/4 c. white sauce mix

Whisk sauce mix into water. Continue stirring over medium-high heat until boiling. Lower heat and simmer 1 minute.

Cheese Sauce Mix

(Mix-a-Meal)

1 1/3 c. cheese powder	3/4 c. Powdered Milk	3/4 c. flour
3/4 c. butter or marg. Powder	1/2 t. onion powder	

Mix together. Store in quart jar.

To Make: Bring 1 c. hot tap water and 1/2 c. cheese sauce to a boil stirring with wire whisk.

Country Gravy Mix

(Mix-a-Meal)

1 c. flour	2/3 c. powdered milk	2 T. beef bouillon
1/4 c. butter or marg. powder	1 T. dry, chopped onion	1 t. onion powder
1/4 t. ground sage	1/4 t. ground thyme	

Mix and store in pint jar.

To Make: Combine and whisk smooth in a saucepan: 3 c. hot water and 1 c. gravy mix. Bring to boil stirring constantly until thickened. Add more water if desired for thinner consistency.

Fajita Seasoning

1 t. cumin	1/2 t. oregano	1/4 t. onion powder
1/4 t. garlic powder	1/4 t. salt	1/4 t. pepper

Stir to evenly distribute ingredients.

Onion Soup Mix

(Mix-a-Meal.

2/3 c. dry chopped onion	1/2 c. beef bouillon powder	2 T. Cornstarch
1/2 c. butter or marg. Powder	2 t. onion powder	2 t. parsley flakes

Mix well and store in quart jar.

Tomato Sauce Mix

(Mix-a-Meal)

3 c. tomato powder	5 T. cheese powder	4 T. sugar
2 T + 2 t. beef bouillon powder	2 T + 2 t. cornstarch	

Mix together and store in pint jar.

To make sauce: Add ¼ c. tomato sauce mix into 1 scant cup boiling water all at once. Remove from heat, stir vigorously with a wire whisk. Makes 1 c. sauce.

To make Italian Tomato sauce: Same as above but at ½ t. Italian Seasonings to water.

To make Picante' Sauce

2 c. water	¼ c. dehydrated peppers	2 T. dry onion
½ c. Tomato Sauce mix	1 sm can chopped green chilies	1 c. diced tomatoes, drain

Combine water, peppers and onion and bring to boil for 5 minutes. Stir in Tomato Sauce Mix.

Remove from heat and add chilies and tomatoes.

Picante Nacho Sauce: Combine 1 c. hot water. ½ c. cheese sauce mix cook until thick. Add 1 c. Picante' Sauce.

Refried Bean Mix

1 ½ c. pinto or black bean flour	1 ½ t. chili powder	1/8 t garlic powder (opt.)
½ t. cumin	1 t. dry minced onions (opt)	1 ½ t. salt

Mix and store in airtight container.

To prepare, whisk ¾ c. above mixture into 2 ½ c. boiling water. Cook while stirring, over medium heat for 1 minute, until mixture thickens. Add favorite salsa after cooking. Keep in fridge.

SALADS

Bean Salad

(Menus at a Glance)

½ C. each of dry garbanzo, pinto, & red kidney beans	¼ C. DH onions reconstituted
--	------------------------------

1 can of green beans

DRESSING:

2 T. oil

1/3 C. cider vinegar

3 T. sugar

¼ t. salt & ¼ pepper

Clean, sort & rinse dry beans. Then cover with water & soak over night. Pour off water, rinse and cover again with water. Cook until they are tender. In a large bowl, mix together beans, onions & green beans. Mix dressing and pour over beans. More salt if desired. Chill 2 hrs.

Black Bean Salad

(Mike Lawrence)

2-15oz cans black beans

1 lg. can mandarin oranges

1 bell pepper, diced

¼ c. dry onions, soak, drain

1 t. salt

1 t. pepper

3 T. sugar or honey

3 T. Olive oil

1 T. cider vinegar

1 t. Dijon mustard (opt)

Combine all ingredients in a bowl. Marinate for 1 hour minimum in refrigerator.

Black Bean and Corn Salad

(allrecipes.com)

2 (15oz) can black beans	2 (15oz) can corn	½ c. chopped onion
½ c. red bell pepper, diced		

Dressing:

½ c. balsamic vinegar	2 T. vegetable oil	1/2 t. salt
½ t. white sugar	1 T. dried cilantro	½ t. chili powder
½ t. ground pepper	1/2 t. ground cumin	

Rinse and drain beans and drain corn. Combine with onion and pepper. Whisk together dressing ingredients. Pour over bean mixture. Chill for 1 hour.

Creamy Corn Salad

(allrecipes.com)

1 (15oz) can corn	1 med. tomato, seed, diced	2 T. onion, chopped
1/3 c. mayonnaise	¼ t. dill weed	

In small bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

Frog-Eye Salad

1 lb package Acini de Pepe (pasta)	1 can pineapple tidbits, drained	4 ½ c. boiling water
2 cans mandarin oranges	1 t. salt	1 T flour/ cornstarch
½ package mini marshmallows	1 ¾ c. pineapple juice	1 large Cool Whip
1 cup sugar	2 cups shredded coconut (opt)	2 eggs, beaten

Chopped walnuts (optional)

Cook Acini de Pepe in water and salt for 10 minutes (or follow package directions), stirring constantly. Drain; pour cold water over noodles and rinse well. Drain thoroughly. In saucepan, bring juice, cornstarch and sugar to a boil until clear. Add eggs and cool; mix with noodles, add fruit and then refrigerate for at least 3 hours or overnight. Just before serving, stir in whipped cream and marshmallows. Add any optional ingredients if desired.

Lentil Salad

(Country Beans)

3 c. barely cooked lentils, cooled	1 t. oregano	4 T. olive oil or 1/3 broth
salt to taste	1 sm. Onion, chopped	1/8 t. cayenne pepper
1 clove garlic, minced	1 T. chopped fresh basil	3 tomatoes, chopped
1-2 T. chopped parsley	3 T. lemon juice	

In skillet, heat 2 T. of the oil or broth and sauté onion, garlic and tomatoes for 1 minute. Add to remaining ingredients and mix gently. Add salt to taste and cool. Serves 6-8.

Mexicali Bean And Rice Salad

6 c. cooked rice	1 (15 oz) can corn, drained	¼ c. soaked DH green pepper
1 (15 oz) can each kidney, pinto, black beans, drained/ rinsed		1-4 oz can diced green chilies

Dressing:

1/3 cup olive oil	¼ c. cider vinegar	1 t. chili powder
½ t. cumin	½ t. garlic salt	½ t. hot pepper sauce

Combine dressing ingredients and set aside. In large bowl, combine rest of ingredients (rice can be warm but not hot). Pour dressing over and toss. Chill 1 hour before serving. Serves 6-8.

Spicy Black Bean Taco Salad

(Country Beans)

1 large tomato, chopped	3 c. black beans, drain	1 bell pepper
½ c. Alfalfa sprouts	3 green onions, chopped	1 can chopped olives
1 head shredded romaine lettuce	1 c. grated cheese	½ c. cooked rice

corn chips or flour tortillas

Mix salad ingredients and place over corn chips. Or wrap in heated flour tortillas or spoon into pita pockets. Top with Taco Sauce or Spicy Hot Ranch Dressing.

Spicy Thai Noodle Salad

¼ cup corn oil	1 T. dry cilantro	3 T sesame oil
¼ c. green onion, diced	1 t. red pepper flakes	3 T honey
½ c. chopped or whole peanuts	2 T soy sauce	8 oz spaghetti

Cook, drain and cool pasta. Heat oils and pepper flakes together for 2 minutes. Stir in honey, and soy sauce until dissolved. Pour over cooled spaghetti and refrigerate. Just before serving, mix in cilantro, green onion and peanuts.

Sweet And Sour Lentil Salad

(Country Beans)

1c. cooked lentils	1 c. sliced celery	½ medium onion, minced
¼ c. cider vinegar	2 c. chopped cucumber	1/8 t. white pepper
½ c. chopped green pepper	2 t. light honey	1 T. sesame seeds
1 T. soy sauce		

Combine all ingredients. If time permits, chill 3-4 hours. Serves 3-4.

Tangy Pasta and Bean Salad

(Country Beans)

3 c. cooked pink or red beans	1 c. chopped fresh tomatoes	2 c. macaroni
½ c. chopped green pepper	1 c. sliced celery	1 t. chopped parsley
1 – 4 ½ oz. chopped olives	2 T. olive oil	Salt/pepper to taste
¼ c. lemon juice		

Cook and drain macaroni. Mix oil, lemon juice, salt and pepper and add to remaining ingredients. Serve at room temperature or chilled.

Tribulation Tuna Salad

Mike Lawrence

1-15 oz. can of white beans	2 T. DH bell peppers	1 T. dried parsley
2 t. dried oregano	1 t. dried minced onion	3 T. olive oil
2 T. red wine vinegar	1-2 cans(6oz) tuna, drained	1/2 c. mayonnaise
1 t. dry mustard	1 c black olives, chopped (opt.)	¼ cup grated cheese

2 cup cooked, cooled pasta, bow ties or other small type

Soak peppers and onion and herbs in ¼ cup warm water for 10 minutes. In a large bowl place all ingredients and mix together well. Refrigerate for at least 30 minutes before serving.

Serve on a bed of salad greens with a good bread i.e. Buns of Perdition.

BREADS

Buns of Perdition

Mike Lawrence

¼ c. warm water

1 c. warm water

2 T. sugar

1-2 chopped jalapeno, canned

1 t. sugar

2 T. butter

2 ½-3 c. flour

½ t. yeast

¾ t. salt

½ c. cheddar cheese

Stir together, ¼c warm water, yeast and sugar let sit 10 minutes. Mix 1 c. warm water, butter, salt and sugar. Add in yeast mixture. Add 2 cups of flour one cup at a time. On a counter spread out ½-1 c. of flour. Pour out dough on flour and knead 5 to 10 minutes. At end of this process add ½ cup of grated cheddar cheese and between 1 and 4 chopped canned or jarred jalapeno peppers. Knead into dough. Place in an oiled bowl, cover with plastic and let rise till double in bulk, about 1 hour. Punch down, and let rise again till double, about ½ hour. Punch down again and shape into balls. Place on a sheet pan with a piece of oiled parchment paper, let them touch each other. Let rise about ½ hour. Bake in a 350° oven till done, about 15 to 20 min.